

# Excelsior Phelan

## OCTOBER Student Meals

### DID YOU KNOW?



**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.



### MONDAY

\*No on-campus classes

### TUESDAY

**5**

**Breakfast**  
Blueberry muffin

**Lunch**  
Greek garbanzo flatbread sandwich, lettuce, tomato

### WEDNESDAY

**6**

**Breakfast**  
Cheerios & milk

**Lunch**  
Shredded BBQ chicken plate, falafel tots

### THURSDAY

**7**

**Breakfast**  
Cheerios & milk

**Lunch**  
Tuna salad w/crackers

### FRIDAY

**1**

**Breakfast**  
Cinnamon Crumble

**Lunch**  
Chicken Bites, edamame, pizza crackers

**8**

**Breakfast**  
Cinnamon Crisp Bar

**Lunch**  
Southwest veggie wrap, corn



**11**

**18**

\*No on-campus classes

**12**

**19**

**Breakfast**  
Yogurt, cinnamon grahams

**Lunch**  
Chicken tacos, curtido salad

**13**

**20**

**Breakfast**  
Lemon muffin

**Lunch**  
Orange chicken, rice, broccoli

**14**

**21**

**Breakfast**  
Cheerios & milk

**Lunch**  
BBQ beef rib sandwich, sweet potatoes

**15**

**22**

**Breakfast**  
Blueberry muffin

**Lunch**  
Bean & cheese burrito, falafel tots

**25**

\*No on-campus classes

**26**

**Breakfast**  
Chex & milk

**Lunch**  
Spaghetti, green beans, string cheese

**27**

**Breakfast**  
Chex & milk

**Lunch**  
Sunbutter/Jelly sandwich, string cheese

**28**

**Breakfast**  
Vanilla concha bread

**Lunch**  
Chili, rice, cornbread, carrots

**29**

**Breakfast**  
Waffle

**Lunch**  
Chicken Bites, edamame, pizza crackers

2021